

**THE FAIRFAX AREA AGENCY ON AGING PRESENTS  
CAREGIVER'S CORNER ONLINE  
SEPTEMBER 2005**

"Caregiver's Corner Online" is an electronic newsletter produced by the Fairfax Area Agency on Aging (AAA) with funding from the National Family Caregiver Support Program of the Older Americans Act. Our goal is to send you information to support you as a family caregiver for an older adult.

**IN THIS EDITION:**

1. Fall 2005 Series of Free Seminars for Caregivers of Older Adults
2. Grandparents Day, September 11, 2005
3. Support Groups for Grandparents or Other Relatives  
Raising a Child Under 18
4. Adult Children with Aging Relatives Support Group
5. Previous Editions of "Caregiver's Corner Online" are Available

**1. CAREGIVER SEMINARS.** Are you a new caregiver for a parent or spouse? Do your parents live out of the area and you aren't sure what resources are available for them? Have you been providing care for a loved one for quite awhile but now need to make some decisions about getting additional help? Do you like to plan ahead? Are you concerned about how your loved ones are going to pay for long-term care services? Do your parents want to remain in the home they have lived in for the last 40 years, but you don't feel that is a safe plan? Did you know that humor was good for a caregiver's soul?

If you can answer YES to any of these questions, the Fairfax Caregiver Seminar Consortium (FCSC) has the answer for you - the Fall 2005 Series of Free Seminars for Caregivers of Older Adults. These free seminars are being offered at various times and locations throughout the Fairfax area. For all the details, please visit our Web site at [www.fairfaxcounty.gov/service/aaa](http://www.fairfaxcounty.gov/service/aaa). We look forward to meeting you at one of the seminars. If you have any questions, please call the seminar registration line at 703-324-5205; TTY 703-449-1186.

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**2. GRANDPARENTS DAY, SEPTEMBER 11, 2005.** The impetus for a National Grandparents Day originated with Marian McQuade, a homemaker in Fayette County, West Virginia. Her primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. In 1978, President Jimmy Carter proclaimed that National Grandparents Day would be celebrated every year on the first Sunday after Labor Day (Source: National Grandparents Council). No matter what day it is, encourage children to spend time with their grandparents, make a phone call, send a letter or picture, and hear their stories. It's a good time to remember the contributions grandparents have made, and may still be making, in the lives of all family members. Read the next item for information on grandparents who are the custodial parents of their grandchildren.

**3. SUPPORT GROUPS FOR GRANDPARENTS.** In the United States, 2.4 million grandparents are raising approximately 6 million of their grandchildren. It is estimated that in Virginia, about 108,000 children are being raised primarily by their grandparents. There is increasing information in academic literature about the stress caused when grandparents or other relatives, regardless of age, take on the responsibility of raising grandchildren. For many, this was to be a time of advancing a career, enjoying retirement or catching up financially after years of mortgage-paying. But these family members love and care about the next generation, and are willing, against many odds, to take on the responsibility of child-rearing when parents are unable to. Fairfax County Department of Family Services and Fairfax County Public Schools will continue sponsoring two support groups for grandparents and other relatives raising grandchildren that began last fall. The groups have been a place where numerous families have shared their stories and concerns. After a summer break, the groups will begin again in October.

**\*\* The North County Grandparents Support Group** will meet at Reston Senior Clubhouse at the North County Government Center, 1850 Cameron Glen Drive, Reston. It will meet from 7:00-8:30 p.m. on Tuesdays, October 4 and 18; November 1 and 15; December 6 and 20, 2005; and January 3 and 17, 2006.

**\*\*The South County Grandparents Support Group** will meet at Bryant Alternative High School, 2709 Popkins Lane, Alexandria. It will meet from 7:00-8:30 p.m. on Thursdays, October 6 and 20; November 3 and 17; and December 1 and 15, 2005; and January 5 and 19, 2006. Attendees should use the school parking lot and enter by the lower entrance on the Popkins Lane side of the school.

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Childcare is provided by persons hired by Fairfax County Public Schools, at no charge to attendees. Please call Robin Hamby, Family Services and Involvement Section, at 703-277-2640; TTY 703-449-1186, if you plan to attend and if you plan to bring a child or children. The groups will be led by Fairfax County employees. There is time for sharing experiences and resources. Also, at some meetings there will be guest speakers on issues of common concern. Share this information with someone you know who may be able to join the group. For more information, please contact Robin Hamby at 703-277-2640 (Family Services and Involvement Section), or Betsy Pugin at 703-324-5401 (Fairfax Area Agency on Aging); TTY 703-449-1186.

**4. ADULT CHILDREN WITH AGING RELATIVES SUPPORT GROUP.** The Adult Children with Aging Relatives Support Group at Grace Presbyterian Church, 7434 Bath Street in Springfield, welcomes new members. The group will meet on Monday, September 12, 2005, and subsequently on the second Monday of each month from 7:00-8:30 p.m. in the church library. In a supportive atmosphere, participants share the joys and challenges of caring for an older relative who may live locally or out of the area. Resource materials are available. For more information, please contact Beth Hershner, Director of Aging with Grace Ministry, at 703-451-2900 x. 3013.

**5. PREVIOUS EDITIONS OF "CAREGIVER'S CORNER ONLINE" NEWSLETTER ARE NOW AVAILABLE.** Current and past editions of the "Caregiver's Corner Online" newsletter are available online at [www.fairfaxcounty.gov/service/aaa/caregivers\\_corner\\_nl.htm](http://www.fairfaxcounty.gov/service/aaa/caregivers_corner_nl.htm).

Please note that these items are included for informational purposes only and do not imply endorsement by the Fairfax Area Agency on Aging or Fairfax County Government.

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For further information, please contact an Aging Information Specialist at the Fairfax Area Agency on Aging (telephone: 703-324-7948; TTY 703-449-1186 or e-mail: [fairfax\\_aaa@fairfaxcounty.gov](mailto:fairfax_aaa@fairfaxcounty.gov)). Visit our website at: [www.fairfaxcounty.gov/service/aaa](http://www.fairfaxcounty.gov/service/aaa).

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